



WORKFORCE
 SERVICES
WORKFORCE DEVELOPMENT


Burn Out:

PREVENTION AND BOUNCING BACK



Poll Instructions.


www.menti.com - type in code (Provided on "Poll" Slides)



Mentimeter

Please enter the code

Submit



Poll.

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How do you feel about March Madness?

0%

0%

0%

I'm pumped!

I follow along enough in case someone brings it up

What is March Madness?

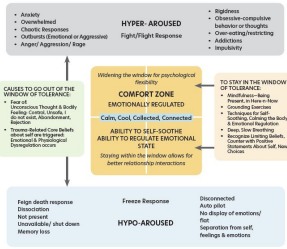


Part 1: Preventing Burn Out.



Window of Tolerance.

TRAUMA/ANXIETY RELATED RESPONSES:
Widening the Comfort Zone for Increased Resiliency



Trauma Treatment: Healing the Window
Paterson © 2016
Marie S. Dezelle, PhD © 2013



Prevention Strategy: Setting Boundaries.

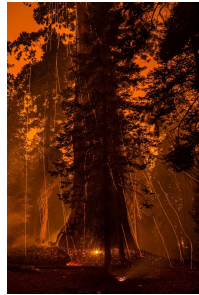


Prevention Strategy: Eagle View●



You may be burned out if...

- You find yourself being cynical or jaded
- Resent those you serve and support
- Feel exhausted most of the time
- Find yourself isolating from others
- Escape in your head or fantasize
- Are more irritable with others
- Get sick more often or feel tempted to call in sick
- Dread waking up in the morning
- Find it difficult to have empathy for others
- Struggle to fall asleep or stay asleep



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How many signs of burnout do you recognize in yourself?

0% 0 % 0%
None 1- 4 5 or more



Secondary Trauma

Symptoms of secondary trauma may be similar to burn out, but some key differences include:

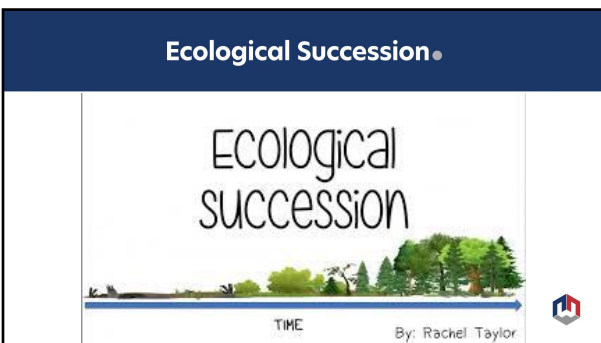
- Secondary exposure to a trauma, such as someone telling you about it or hearing about it on social media
- Additional symptoms may include:
 - Being rigid and controlling
 - Hard time focusing
 - Feeling helpless
 - Feeling hopeless
 - Nightmares or daydream
 - Change in your appetite

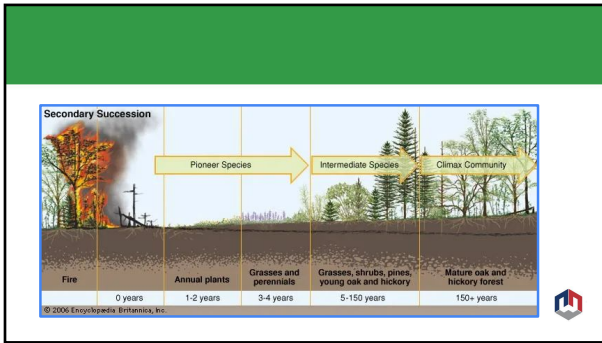














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What is one quick and easy thing you do when you start to feel burnout coming on?

Stage 1 : Ephemerals •

What are your quick and easy go-tos to bounce back?

- Humor
- Exercise
- An act of kindness
- Reach out for support
- Special treat
- Write in a journal
- Look at pictures
- Comfort kit
- Rest



Stage 2 : Grasses •

Who can withstand those drought periods and continue to expand in supporting your regrowth?



Stage 3 : Pioneer Trees •

"Pioneer trees" mature...in arid, nutrient-poor soils, under harsh conditions.



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What are some of your strengths?



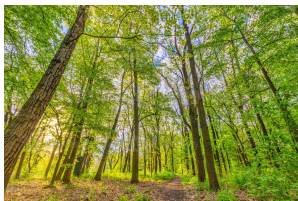
Stage 4 : Scrub Canopy●

What helps you to bounce back slowly over time, but is sustainable and creates shade and soil?



Stage 5 : Climax Forest Begins●

- What is your vision for your life personally and professionally?
- Why is it important to you to avoid burnout in the future?
- What is a recent success you have had with managing burn out?







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